

# STRETCHING



## NECK

 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



NECK



NECK



SHOULDERS\* &  
UPPER BACK



NECK



NECK &  
UPPER BACK



NECK &  
UPPER BACK

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain

\* Shoulders mentioned in this guide all refer to Rear Deltoids area



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